



Weekly WIC Newsletter

December 5, 2016

Funding Available to attend the NWA Leadership Conference in Washington, DC

Apologies for not posting this sooner, but we do have funding to send 3 local agency staff to the National WIC Association Leadership conference February 26-28th, 2017. To check out the details, please see their [website](#). We encourage local agency Directors or Clinic Coordinators to consider attending. Email [Kate](#) to express interest. Include in your request your position, number of years working in WIC, and a brief description of what you hope to get out of the conference. Please email requests by 12/15/16 as there is paperwork required to complete and approve prior to making travel arrangements.

Mountain Plains Regional USDA Nutrition Newsletter

The Mountain Plains Regional USDA office has a new nutrition [newsletter](#) created for Tribal partners. Those programs in Montana that serve the reservations and those that serve non-reservation American Indians may be interested in the information in the newsletter and share items that work for their participants.

[WIC Training](#)

The next WIC training will be held January 5th at 9AM. The topic is "*Motivational Interviewing and Goal Setting*." This will be a recording and posted online for people who cannot attend. If you have questions regarding this training, please contact [Lacy Little](#).

Change in Obesity Rate for 2-4 Year Olds

The Trust For America's Health and Robert Wood Johnson Foundation have released a new [data visualization showing how state-by-state obesity rates have changed](#) (click on the year buttons in the timeline to change the data for the year) among 2- to 4-year-old WIC participants since 2000 through 2014 and [a series of maps](#) highlighting states' efforts to help promote nutrition and physical activity in

early child care settings. [Read the press release](#). Check out how Montana ranked and its individual state [data](#).

An article in the CDC, The Centers for Disease Control and Prevention, has been released in the *Morbidity and Mortality Weekly Report* entitled, "[Trends in Obesity Among Participants Aged 2–4 Years in the Special Supplemental Nutrition Program for Women, Infants, and Children — United States, 2000–2014](#)." The report features a study from the Division of Nutrition, Physical Activity, and Obesity and the United States Department of Agriculture which found that 34 of 56 WIC state agencies reported modest decreases in obesity among young children from 2010 to 2014. Obesity among low-income children (ages 2-4 years) enrolled in WIC decreased from 15.9 percent in 2010 to 14.5 percent in 2014. Obesity rates vary significantly from state to state.

In these reports **Montana WIC** participants age 2-4 years old saw an increase in obesity rates.

WIC CEU Opportunity

Mother's BMI may affect the biological age of new born babies. Article eligible for WIC CEU's.

Weekly Risk Code Highlight

[Risk Code 339](#), History of Birth with Nutrition Related Congenital or Birth Defect is defined as a woman who has given birth to an infant who has a congenital or birth defect linked to inappropriate nutritional intake (i.e. inadequate zinc or folic acid, excess vitamin A). An example of when this could be assigned is if an infant is born with spina bifida or anencephaly.

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